

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Proline (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 04:45 EDT

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	12.298
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	12.038
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	7.067
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	5.992
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	5.851
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	5.829
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	5.814
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	5.361
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	5.258
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	5.123
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	5.091
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	5.086
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	4.908
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	4.905
01040	Cheese, swiss	132.0	1.0 cup, diced	4.871
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	4.604
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	4.562
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	4.464
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	4.425
01020	Cheese, fontina	132.0	1.0 cup, diced	4.386
05305	Ground turkey, raw	453.6	1.0 lb	3.942
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	3.937
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	3.914
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	3.867
01034	Cheese, port de salut	132.0	1.0 cup, diced	3.817
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	3.685
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	3.651

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01035	Cheese, provolone	132.0	1.0 cup, diced	3.651
01025	Cheese, monterey	132.0	1.0 cup, diced	3.642
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	3.628
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	3.612
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	3.543
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	3.543
01011	Cheese, colby	132.0	1.0 cup, diced	3.535
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	3.522
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	3.502
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.465
01030	Cheese, muenster	132.0	1.0 cup, diced	3.424
01032	Cheese, parmesan, grated	100.0	1.0 cup	3.415
01005	Cheese, brick	132.0	1.0 cup, diced	3.399
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	3.374
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	3.334
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	3.334
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	3.325
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	3.320
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.315
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	3.308
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	3.304
01009	Cheese, cheddar	132.0	1.0 cup, diced	3.296
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	3.280
01024	Cheese, limburger	134.0	1.0 cup	3.268
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	3.265
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	3.263
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	3.248
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	3.231
20071	Wheat, hard red spring	192.0	1.0 cup	3.226
16119	Soy meal, defatted, raw	122.0	1.0 cup	3.207
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	3.172
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	3.151
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	3.145
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3.071
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	3.070
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	3.062

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13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.046
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	2.998
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	2.969
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	2.965
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	2.939
16117	Soy flour, defatted	105.0	1.0 cup	2.888
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	2.881
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	2.870
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	2.839
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	2.838
20140	Spelt, uncooked	174.0	1.0 cup	2.828
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	2.821
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	2.809
20076	Wheat, durum	192.0	1.0 cup	2.801
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	2.790
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	2.783
20004	Barley, hulled	184.0	1.0 cup	2.731
11667	Seaweed, spirulina, dried	112.0	1.0 cup	2.668
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	2.657
16076	Lupins, mature seeds, raw	180.0	1.0 cup	2.657
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	2.638
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	2.633
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	2.537
21270	TACO BELL, Taco Salad	533.0	1.0 item	2.521
20080	Wheat flour, whole-grain	120.0	1.0 cup	2.490
20072	Wheat, hard red winter	192.0	1.0 cup	2.475
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	2.459
16113	Natto	175.0	1.0 cup	2.455
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	2.451
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.440
20028	Couscous, dry	173.0	1.0 cup	2.429
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	2.427
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2.414
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	2.368
20005	Barley, pearled, raw	200.0	1.0 cup	2.356

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	2.346
10898	Pork, pickled pork hocks	117.0	3.0 oz	2.346
20066	Semolina, enriched	167.0	1.0 cup	2.330
20466	Semolina, unenriched	167.0	1.0 cup	2.330
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	2.323
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	2.312
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	2.312
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	2.302
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	2.287
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	2.287
20069	Triticale	192.0	1.0 cup	2.273
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	2.267
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	2.246
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	2.225
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	2.217
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	2.202
36027	DENNY'S, chicken strips	194.0	1.0 serving	2.192
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	2.191
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	2.171
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	2.164
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	2.164
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	2.153
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.144
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	2.125
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	2.122
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	2.122
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	2.107
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	2.100
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	2.095
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	2.087
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	2.087
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	2.070
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	2.069
01019	Cheese, feta	150.0	1.0 cup, crumbled	2.067
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	2.065

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	2.060
19041	Snacks, pork skins, plain	28.35	1.0 oz	2.059
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	2.048
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.041
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	2.035
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	2.035
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	2.035
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	2.034
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	2.031
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	2.029
16106	Meat extender	88.0	1.0 cup	2.020
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	2.016
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	2.010
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	2.003
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	2.003
16144	Lentils, pink or red, raw	192.0	1.0 cup	2.001
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	2.000
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1.998
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	1.988
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.984
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	1.976
16069	Lentils, raw	192.0	1.0 cup	1.976
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	1.969
20073	Wheat, soft red winter	168.0	1.0 cup	1.959
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.958
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	1.955
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.947
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	1.944
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.940
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	1.939
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	1.936
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.933
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	1.931

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	1.930
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	1.930
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.924
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	1.919
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.913
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.903
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.903
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	1.903
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.901
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	1.896
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.893
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	1.892
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.886
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	1.883
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.869
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.869
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.867
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	1.865
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.865
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.864
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.861
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.858
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.855
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	1.853
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.851
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.846
20130	Barley flour or meal	148.0	1.0 cup	1.846
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	1.845
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.840
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.829
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.827
20131	Barley malt flour	162.0	1.0 cup	1.819
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.817

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16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1.817
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1.817
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	1.810
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.793
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.790
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1.788
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	1.788
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.785
20012	Bulgur, dry	140.0	1.0 cup	1.785
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.782
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.779
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.777
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.776
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.774
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	1.770
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.765
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	1.764
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.761
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.761
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.757
20031	Millet, raw	200.0	1.0 cup	1.754
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.751
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	1.748
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.736
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.735
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.732
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.730
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	1.730
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.726
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	1.722
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.719
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.719
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.711

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16114	Tempeh	166.0	1.0 cup	1.710
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.710
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.706
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	1.706
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	1.706
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.702
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.698
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.698
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	1.698
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.697
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.696
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.689
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.689
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	1.688
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	1.686
16091	Peanuts, spanish, raw	146.0	1.0 cup	1.685
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	1.678
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	1.677
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.675
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.675
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	1.671
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.669
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1.668
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.667
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	1.666
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.666
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.665
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	1.663
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	1.663
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.663
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	1.660
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.659
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.658

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.658
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	1.656
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1.648
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	1.645
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.644
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.642
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.641
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	1.640
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breadding removed	91.0	1.0 thigh, without skin	1.636
20067	Sorghum grain	192.0	1.0 cup	1.636
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.633
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.633
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.632
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	1.631
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.630
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.630
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	1.624
16095	Peanuts, virginia, raw	146.0	1.0 cup	1.624
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	1.623
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	1.623
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	1.622
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.620
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.620
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.617
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.617
16093	Peanuts, valencia, raw	146.0	1.0 cup	1.616
36036	Restaurant, family style, onion rings	259.0	1.0 serving	1.616
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.614
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	1.614
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.613
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	1.609
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1.607
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.606
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	1.598
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.596

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	1.596
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	1.596
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	1.595
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	1.595
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.594
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.594
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.582
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.580
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	1.576
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	1.576
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.575
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	1.572
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	1.571
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	1.571
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	1.566
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	1.566
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	1.565
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.564
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.564
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.562
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1.560
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.560
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.557
21251	BURGER KING, Cheeseburger	133.0	1.0 item	1.556
20070	Triticale flour, whole-grain	130.0	1.0 cup	1.555
11450	Soybeans, green, raw	256.0	1.0 cup	1.554
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	1.544
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.533
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.533
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	1.532
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	1.530
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	1.528
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	1.528
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.526
19352	Syrups, malt	332.0	1.0 cup	1.524

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	1.518
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	1.518
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	1.518
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.512
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	1.512
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.510
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	1.510
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1.507
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	1.506
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	1.504
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	1.503
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	1.499
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	1.498
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	1.498
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	1.498
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	1.498
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	1.498
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.496
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.495
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.492
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	1.492
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.483
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	1.482
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	1.480
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	1.478
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	1.477
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.476
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.476
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	1.474
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	1.472
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	1.471
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.471
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.471
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.470
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	1.468
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.466

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	1.463
20038	Oats	156.0	1.0 cup	1.457
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	1.457
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.455
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1.453
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	1.452
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.443
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.441
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.439
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.436
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	1.434
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	1.432
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	1.431
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.431
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	1.431
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	1.428
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	1.428
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	1.426
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	1.425
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	1.424
01109	Milk, sheep, fluid	245.0	1.0 cup	1.421
20078	Wheat germ, crude	115.0	1.0 cup	1.416
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.415
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	1.414
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.411
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.408
16122	Soy protein isolate	28.35	1.0 oz	1.406
16422	Soy protein isolate, potassium type	28.35	1.0 oz	1.406
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.404
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.404
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.404
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.399
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	1.398
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.393
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.391

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	1.390
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.390
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	1.389
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.389
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.386
12061	Nuts, almonds	143.0	1.0 cup, whole	1.386
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	1.384
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	1.384
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	1.384
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	1.384
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.383
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	1.382
16099	Peanut flour, defatted	60.0	1.0 cup	1.382
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.378
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.375
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	1.375
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.374
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.374
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.373
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.372
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.372
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	1.372
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.366
20014	Corn grain, yellow	166.0	1.0 cup	1.365
20314	Corn grain, white	166.0	1.0 cup	1.365
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.361
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.360
20062	Rye grain	169.0	1.0 cup	1.359
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.359
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.356
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.356
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	1.355
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.352
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.352
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	1.352
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	1.351

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.348
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.347
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.347
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.346
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	1.341
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	1.340
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.340
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1.339
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.338
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.338
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.337
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.337
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.337
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	1.337
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.335
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	1.335
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.334
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.333
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.331
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.328
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	1.327
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1.326
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1.326
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.326
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.326
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	1.326
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	1.323
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.322
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	1.322
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.322
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.322
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.319
20035	Quinoa, uncooked	170.0	1.0 cup	1.314
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.314
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.313
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	1.311

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	1.311
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.310
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.306
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	1.305
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	1.304
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	1.303
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.302
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	1.301
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1.301
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	1.301
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	1.301
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	1.299
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.299
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.299
20063	Rye flour, dark	128.0	1.0 cup	1.298
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	1.296
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.296
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.294
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.290
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.290
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.289
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	1.287
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	1.286
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.286
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	1.285
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.284
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.284
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.284
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.284
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	1.283
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.282
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.282
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.282
20142	Teff, uncooked	193.0	1.0 cup	1.282
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	1.281
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.279

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.278
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.278
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	1.277
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.276
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.275
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.274
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.274
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.272
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.272
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.272
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	1.272
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.272
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.271
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.268
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.268
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.267
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.267
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	1.267
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.266
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	1.265
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	1.264
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.264
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.263
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	1.262
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	1.262
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.261
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.261
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.260
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.259
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	1.256
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	1.256
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	1.255
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	1.253

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.252
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	1.252
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.252
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	1.251
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.250
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	1.249
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.249
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.248
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.248
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.248
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.248
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.247
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	1.247
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	1.246
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	1.246
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.245
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.244
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	1.244
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	1.243
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.243
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.243
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.243
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.240
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.240
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.238
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.238
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	1.238
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.238
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.238
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.238
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.238
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.237
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.237
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.235
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.234

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	1.234
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.233
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.232
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.231
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.230
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	1.229
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	1.228
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	1.228
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	1.228
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.227
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	1.227
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.227
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.224
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	1.223
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	1.223
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	1.222
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.221
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.221
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.221
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.219
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.218
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.217
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.215
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.215
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	1.214
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	1.213
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.213
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.211
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.211
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	1.211
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.209
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	1.208

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	1.208
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	1.208
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	1.207
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.206
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.205
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.205
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.205
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.205
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	1.205
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.204
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	1.203
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	1.201
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.201
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	1.201
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	1.201
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.200
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.200
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	1.199
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.198
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.198
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.198
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.197
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.197
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.197
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.196
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.195
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.195
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.194
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.194
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	1.193
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.192
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	1.191

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	1.191
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.189
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	1.189
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	1.188
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.188
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	1.188
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	1.188
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	1.187
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.187
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.187
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.187
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.187
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.186
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.186
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.186
01033	Cheese, parmesan, hard	28.35	1.0 oz	1.185
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.185
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.185
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.184
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.184
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.184
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	1.183
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.182
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	1.182
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	1.181
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.180
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.179
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.178
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.177
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	1.177
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.177
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	1.177
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.176
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.174

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.174
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.173
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.173
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.171
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	1.171
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	1.171
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	1.171
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	1.171
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	1.171
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.170
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.170
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.170
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.170
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	1.170
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.170
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.169
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.168
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.168
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1.168
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.166
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.164
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.164
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.164
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.163
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.163
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.163
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.162
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.161
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.161
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	1.161
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	1.160
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	1.159

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	1.159
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.159
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.158
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.158
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	1.158
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	1.157
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.157
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.157
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.156
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.155
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.154
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.154
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.153
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	1.153
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	1.153
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.152
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	1.151
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.149
05641	Ostrich, ground, raw	109.0	1.0 patty	1.149
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.148
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	1.147
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.147
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.146
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.146
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	1.143
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1.143
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.141
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.141
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	1.141

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.140
01115	Whey, sweet, dried	145.0	1.0 cup	1.140
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.139
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	1.138
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.138
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.138
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.137
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.137
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.137
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.136
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.136
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.136
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	1.136
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.136
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.135
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.135
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	1.135
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	1.134
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	1.134
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	1.134
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	1.134
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.134
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	1.134
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.133
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.133
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.132
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	1.132
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.132
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	1.132
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.131
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.131

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	1.130
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.130
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	1.130
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.130
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.130
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	1.129
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.129
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.129
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.129
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1.128
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	1.127
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.127
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.126
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.125
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	1.125
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	1.125
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.125
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.123
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.123
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.122
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.122
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	1.121
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.121
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.119
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.119
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.119
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.119
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.119
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.119
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.118
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.116
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.116

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.116
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	1.116
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.115
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.115
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	1.115
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.115
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.115
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.115
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	1.115
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.114
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	1.114
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.114
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.114
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	1.113
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	1.113
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.113
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.113
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.112
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.112
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.111
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.111
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.110
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	1.110
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.110
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.109
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.109
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.109
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.109
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.109
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.108
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.108
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	1.108

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.108
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	1.107
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	1.107
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.107
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.107
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.107
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.107
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.107
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	1.106
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.106
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	1.105
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.105
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.105
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.105
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	1.104
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	1.104
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.103
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.103
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	1.103
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	1.103
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.102
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.102
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.102
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.101
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.101
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.101
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.101
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.100
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.100
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	1.099
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.099

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.099
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	1.098
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.098
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.098
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.098
01023	Cheese, gruyere	28.35	1.0 oz	1.097
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.097
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.096
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.096
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.096
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.096
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.096
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	1.096
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	1.095
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.095
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.095
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	1.095
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	1.094
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.093
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.093
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.092
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.092
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.091
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.091
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.091
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.091
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	1.091
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	1.091
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1.090
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.090
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.090
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.089

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	1.089
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.088
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.087
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.087
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	1.086
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.086
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	1.086
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.085
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.085
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.085
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.085
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.085
20647	Millet flour	119.0	1.0 cup	1.084
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.084
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.084
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.084
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.083
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.081
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.081
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.080
05621	Emu, ground, raw	117.0	1.0 patty	1.080
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.080
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.080
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.079
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.079
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.079
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.078
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.078
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.077
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.077

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	1.077
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	1.077
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.077
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	1.076
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.076
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	1.075
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.075
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.074
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.074
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.074
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	1.074
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	1.073
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.073
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.073
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.072
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.071
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.071
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.071
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.071
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.070
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.070
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.069
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.069
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.069
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.069
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.068
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.068
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	1.068
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	1.068
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	1.068
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	1.068
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	1.067

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	1.067
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.067
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.066
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.066
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.066
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.066
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.065
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.065
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.065
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.065
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	1.065
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.064
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.063
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.063
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	1.063
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.062
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.062
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.062
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.062
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.062
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	1.062
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	1.061
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.060
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.060
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.060
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.060
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.060
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	1.059
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	1.059
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	1.059

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.058
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.058
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	1.058
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.057
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	1.057
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.057
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.056
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.056
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.056
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	1.056
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.055
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.054
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.054
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.054
01038	Cheese, romano	28.35	1.0 oz	1.054
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.054
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.053
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.052
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.052
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.051
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.051
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	1.051
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	1.051
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.051
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.050
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.050
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.050
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.049
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.047

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
01156	Cheese, goat, hard type	28.35	1.0 oz	1.047
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.046
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	1.046
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.045
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.045
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	1.045
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	1.045
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	1.044
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	1.043
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.043
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.043
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	1.042
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	1.042
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.041
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	1.040
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.040
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.040
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	1.040
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.040
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.040
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	1.039
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	1.038
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.038
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.038
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	1.038
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.038
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.037
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.037
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.037
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	1.037
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.035
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.035
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	1.035

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.034
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.034
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.034
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.034
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	1.034
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.034
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	1.033
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.033
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.033
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	1.032
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1.032
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.032
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.032
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.031
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.031
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	1.030
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.030
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.029
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.029
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.028
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.028
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.028
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.028
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.027
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.027
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.026
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.026
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.025
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.025
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1.024

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.023
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.023
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.023
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.023
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	1.023
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.023
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1.022
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.022
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.020
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.019
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.019
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.019
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.018
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.018
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.018
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1.018
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1.017
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.017
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.016
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.016
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.016
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.016
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.016
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.016
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	1.015
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.013
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.013
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.012
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.012
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.012
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.012
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	1.012

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.011
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.011
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.011
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.011
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.011
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.011
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	1.011
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.010
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.010
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	1.010
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.009
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.009
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.009
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	1.008
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.008
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.008
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.008
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.008
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	1.008
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.007
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.007
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	1.007
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.006
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.006
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	1.006
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.006
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.006
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.006
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.006
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.006
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	1.005
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.005

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.005
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	1.005
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	1.004
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.004
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.004
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	1.003
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.003
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.002
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.002
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.002
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	1.001
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	1.001
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.001
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.001
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.001
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	1.001
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.000
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.000
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.000
07005	Blood sausage	100.0	4.0 slices	1.000
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.999
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.998
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.998
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.998
36031	DENNY'S, onion rings	166.0	1.0 serving	0.998
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.998
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.997
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.997
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.997

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.996
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.996
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.995
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.995
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.994
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.994
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.994
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.994
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.993
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.993
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.993
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.993
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.992
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.992
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.992
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.992
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.992
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.992
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.991
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.991
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.991
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.991
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.991
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.990
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.990
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.990
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.989
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.989
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.989
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.989
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.989
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.989

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.989
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.989
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.988
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.988
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.988
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.988
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.988
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.988
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.988
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.987
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.986
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.986
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.985
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.985
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.985
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.985
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.984
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.984
20065	Rye flour, light	102.0	1.0 cup	0.984
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.984
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.983
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.983
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.983
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.983
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.983
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.982
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.981
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.980
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.980
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.979
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.979
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.979

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.979
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.978
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.978
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.978
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.978
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.978
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.978
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.978
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.978
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.977
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.977
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.977
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.977
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.977
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.977
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.976
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.976
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.976
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.976
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.975
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.975
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.975
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.975
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.974
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.974
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.974
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.973
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.973
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.973
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.971
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.971
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.971
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.971

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.970
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.970
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.970
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.970
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.969
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.969
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.969
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.969
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.968
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.968
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.968
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.968
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.967
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.967
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.967
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.967
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.966
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.966
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.966
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.966
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.966
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.965
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.965
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.965
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.965
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.964
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.964
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.964
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.963
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.963

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.963
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.962
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.961
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.961
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.961
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.961
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.961
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.960
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.960
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.960
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.960
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.959
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.958
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.958
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.958
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.958
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.957
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.957
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.957
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.955
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.955
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.955
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.955
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.955
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.955
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.955
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.955
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.953
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.953
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.952

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.951
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.950
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.949
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.949
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.949
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.949
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.949
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.949
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.948
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.948
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.948
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.948
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.948
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.948
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.948
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.947
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.946
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.945
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.945
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.945
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.945
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.945
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.945
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.945
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.945
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.944
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.944
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.944
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.944
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.943

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.943
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.942
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.942
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.942
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.942
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.942
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.942
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.942
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.941
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.940
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.939
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.939
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.939
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.939
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.939
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.938
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.938
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.938
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.938
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.938
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.937
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.937
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.936
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.936
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.936
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.935
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.935
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.935
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.935
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.934
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.934
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.934
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.934
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.934

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.934
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.934
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.934
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.933
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.933
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.933
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.932
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.932
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.932
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.932
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.932
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.932
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.931
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.931
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.930
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.930
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.930
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.929
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.929
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.928
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.928
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.928
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.928
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.928
11656	Corn pudding, home prepared	250.0	1.0 cup	0.928
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.927
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.927
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.927
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.927
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.927

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.927
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.927
16104	Bacon, meatless	144.0	1.0 cup	0.926
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.925
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.925
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.925
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.925
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.925
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.925
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.924
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.924
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.923
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.923
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.923
20033	Oat bran, raw	94.0	1.0 cup	0.923
01018	Cheese, edam	28.35	1.0 oz	0.922
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.921
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.921
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.921
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.921
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.921
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.921
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.921
01022	Cheese, gouda	28.35	1.0 oz	0.920
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.920
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.920
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.920
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.920
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.919
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.919
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.918

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.918
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.917
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.917
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.917
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.917
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.917
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.917
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.916
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.916
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.916
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.916
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.915
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.915
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.915
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.915
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.915
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.914
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.914
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.914
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.914
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.913
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.913
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.913
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.913
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.913
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.912
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.912
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.912
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.912
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.911
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.911
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.911

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.910
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.910
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.910
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.910
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.910
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.910
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.909
09094	Figs, dried, uncooked	149.0	1.0 cup	0.909
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.909
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.909
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.909
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.909
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.909
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.908
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.908
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.907
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.906
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.906
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.905
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.905
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.904
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.904
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.904
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.904
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.904
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.903
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.903
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.902
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.902
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.902
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.900
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.900

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.900
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.900
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.899
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.899
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.898
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.898
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.898
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.898
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.898
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.898
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.898
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.898
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.898
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.898
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.898
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.897
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.897
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.896
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.896
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.895
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.895
16100	Peanut flour, low fat	60.0	1.0 cup	0.895
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.895
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.895
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.895
21083	Fast foods, taco salad	198.0	1.5 cup	0.895
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.894
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.894
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.893
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.893
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.893
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.892

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.892
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.892
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.892
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.892
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.891
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.890
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.890
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.890
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.890
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.890
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.889
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.889
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.889
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.888
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.888
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.888
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.888
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.888
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.887
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.887
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.887
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.887
01057	Eggnog	254.0	1.0 cup	0.886
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.886
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.886
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.886
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.886
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.886
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.885
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.885
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.885
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.884

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.884
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.884
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.884
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.883
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.883
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.883
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.883
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.883
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.883
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.883
01173	Egg, white, dried	28.0	1.0 oz	0.883
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.882
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.882
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.882
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.882
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.882
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.882
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.882
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.881
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.881
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.881
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.881
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.881
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.881
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.881
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.881
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.881
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.881
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.881
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.880
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.880
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.880
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.880
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.879

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11658	Spinach souffle	136.0	1.0 cup	0.879
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.878
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.878
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.878
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.878
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.878
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.877
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.877
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.876
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.876
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.876
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.875
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.875
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.875
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.875
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.875
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.875
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.874
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.874
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.874
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.874
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.873
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.873
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.871
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.871
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.871
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.871
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.871
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.870
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.870
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.870
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.870

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.869
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.869
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.869
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.869
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.868
20064	Rye flour, medium	102.0	1.0 cup	0.868
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.868
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.868
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.867
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.867
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.866
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.866
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.866
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.866
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.866
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.866
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.865
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.865
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.865
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.865
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.865
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.865
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.864
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.864
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.864
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.864
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.863
20008	Buckwheat	170.0	1.0 cup	0.862
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.862
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.861
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.861
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.861
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.861
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.860

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.860
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.860
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.860
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.860
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.860
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.859
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.859
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.859
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.858
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.858
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.858
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.858
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.857
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.857
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.856
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.856
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.856
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.856
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.856
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.856
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.856
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.856
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.856
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.855
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.855
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.855
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.855
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.855
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.854
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.854
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.854
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.854
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.854

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.853
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.853
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.853
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.853
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.852
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.852
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.852
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.851
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.851
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.850
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.850
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.850
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.850
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.849
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.849
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.849
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.849
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.848
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.848
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.848
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.848
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.848
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.847
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.847
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.847
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.847
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.846
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.846
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.846
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.845
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.845
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.845
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.844

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.844
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.843
01041	Cheese, tilsit	28.35	1.0 oz	0.842
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.842
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.842
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.842
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.841
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.841
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.841
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.841
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.841
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.840
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.840
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.840
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.839
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.839
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.838
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.838
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.838
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.837
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.836
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.836
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.836
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.836
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.836
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.836
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.836
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.836
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.836
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.835
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.835
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.835
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.835

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.834
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.834
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.834
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.833
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.833
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.832
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.831
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.831
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.831
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.830
20088	Wild rice, raw	160.0	1.0 cup	0.830
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.830
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.830
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.830
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.830
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.830
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.830
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.829
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.829
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.829
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.828
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.828
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.828
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.827
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.827
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.826
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.826
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.826
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.826
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.826
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.826
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.826
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.826

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.826
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.826
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.826
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.826
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.825
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.824
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.824
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.824
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.824
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.824
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.823
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.823
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.823
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.823
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.822
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.822
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.822
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.821
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.821
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.820
15022	Fish, cusk, raw	122.0	1.0 fillet	0.820
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.819
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.819
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.819
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.819
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.818
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.818
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.818
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.818
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.817
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.817
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.816
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.816
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.816
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.816
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.815

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.815
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.814
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.814
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.813
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.813
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.813
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.813
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.813
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.813
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.812
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.812
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.812
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.810
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.810
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.810
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.810
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.809
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.809
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.809
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.808
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.808
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.808
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.807
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.807
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.807
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.807
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.807
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.806
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.806
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.806
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.805
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.805
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.805
01008	Cheese, caraway	28.35	1.0 oz	0.805
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.804

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.804
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.803
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.803
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.803
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.803
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.802
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.802
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.802
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.802
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.802
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.802
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.802
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.802
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.802
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.802
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.801
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.801
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.800
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.800
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.800
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.799
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.798
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.798
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.797
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.797
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.796
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.796
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.795
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.795
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.795
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.795
05630	Emu, outside drum, raw	85.0	3.0 oz	0.795
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.795

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.793
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.793
15006	Fish, burbot, raw	116.0	1.0 fillet	0.792
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.792
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.792
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.792
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.792
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.792
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.791
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.791
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.790
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.790
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.790
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.790
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.790
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.790
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.789
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.789
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.789
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.789
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.789
20060	Rice bran, crude	118.0	1.0 cup	0.788
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.788
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.788
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.788
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.788
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.788
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.788
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.788
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.786
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.786
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.786
05626	Emu, full rump, raw	85.0	3.0 oz	0.786
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.786
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.786
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.786

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05631	Emu, oyster, raw	85.0	3.0 oz	0.785
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.785
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.785
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.785
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.785
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.784
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.784
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.783
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.782
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.782
07008	Bologna, beef and pork	100.0	3.527 oz	0.782
15098	Fish, sheephead, cooked, dry heat	85.0	3.0 oz	0.782
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.781
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.781
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.781
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.780
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.779
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.779
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.779
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.779
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.779
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.778
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.778
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.778
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.777
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.777
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.777
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.777
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.777
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.777
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.777
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.776
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.776
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.776
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.776

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.776
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.776
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.775
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.775
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.775
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.775
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.774
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.774
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.774
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.774
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.774
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.774
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.773
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.773
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.773
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.772
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.772
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.771
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.771
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.771
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.771
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.770
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.770
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.770
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.769
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.769
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.768
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.768
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.768
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.768
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.768
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.768
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.767
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.767
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.767

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.767
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.767
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.767
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.767
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.766
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.766
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.766
05628	Emu, inside drum, raw	85.0	3.0 oz	0.765
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.764
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.764
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.763
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.763
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.763
05150	Goose, liver, raw	94.0	1.0 liver	0.763
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.763
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.763
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.762
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.762
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.762
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.762
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.762
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.762
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.762
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.762
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.761
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.761
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.761
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.761
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.761
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.761
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.761
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.760
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.760
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.760
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.760
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.760

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.760
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.759
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.759
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.759
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.759
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.759
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.758
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.758
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.758
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.757
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.757
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.756
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.756
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.756
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.756
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.755
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.753
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.751
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.751
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.751
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.751
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.751
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.750
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.750
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.750
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.750
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.750
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.749
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.749
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.749
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.749
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.748
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.747
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.747
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.747
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.747

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.747
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.747
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.747
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.747
01010	Cheese, cheshire	28.35	1.0 oz	0.747
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.746
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.746
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.746
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.746
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.746
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.746
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.746
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.745
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.745
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.745
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.745
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.745
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.745
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.745
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.745
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.745
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.744
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.744
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.744
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.744
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.744
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.743
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.743
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.743
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.742
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.742
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.742
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.742
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.742
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.741
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.741

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.741
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.741
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.740
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.740
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.740
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.740
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.740
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.740
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.739
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.739
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.739
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.739
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.738
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.738
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.738
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.737
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.737
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.737
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.737
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.737
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.737
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.737
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.737
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.736
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.736
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.735
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.735
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.735
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.735
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.734
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.734
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.734
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.734
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.734

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.734
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.734
05158	Quail, meat only, raw	92.0	1.0 quail	0.733
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.733
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.733
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.732
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.732
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.732
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.732
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.731
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.731
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.731
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.731
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.730
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.730
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.730
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.729
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.729
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.728
20087	Wheat, sprouted	108.0	1.0 cup	0.728
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.728
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.727
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.727
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.726
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.725
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.725
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.724
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.723
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.723
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.723
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.723
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.722
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.722
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.722
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.722

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.722
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.722
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.721
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.721
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.721
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.721
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.720
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.720
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.720
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.720
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.719
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.719
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.719
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.719
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.718
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.718
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.718
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.718
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.718
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.718
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.717
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.717
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.716
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.716
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.716
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.714
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.713
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.713
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.713
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.713
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.713
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.712
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.712
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.712

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.712
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.712
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.712
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.712
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.712
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.711
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.711
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.711
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.711
35147	Tamales (Navajo)	186.0	1.0 piece	0.711
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.710
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.710
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.710
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.710
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.710
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.708
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.708
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.708
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.708
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.708
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.708
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.708
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.707
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.706
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.706
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.705
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.705
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.705
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.704
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.704
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.704
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.704
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.703
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.703
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.702
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.701

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.701
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.701
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.701
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.701
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.700
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.700
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.699
01006	Cheese, brie	28.35	1.0 oz	0.697
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.697
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.696
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.696
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.695
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.695
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.695
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.694
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.693
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.692
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.691
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.690
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.689
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.689
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.689
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.689
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.688
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.688
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.688
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.688
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.687
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.687
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.687
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.687
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.686
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.686
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.686

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.685
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.685
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.685
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.685
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.684
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.684
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.684
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.684
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.683
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.683
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.683
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.682
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.681
09095	Figs, dried, stewed	259.0	1.0 cup	0.681
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.681
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.680
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.680
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.680
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.680
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.679
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.679
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.679
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.679
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.678
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.678
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.676
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.676
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.675
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.674
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.674
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.674
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.673
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.673

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.672
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.672
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.671
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.671
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.671
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.671
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.670
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.670
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.670
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.669
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.669
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.669
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.669
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.669
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.668
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.668
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.668
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.667
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.667
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.666
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.666
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.666
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.666
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.666
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.666
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.666
01007	Cheese, camembert	28.35	1.0 oz	0.665
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.665
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.665
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.665

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.665
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.664
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.663
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.663
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.662
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.661
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.661
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.660
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.660
17142	Veal, ground, raw	85.0	3.0 oz	0.660
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.660
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.659
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.659
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.659
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.659
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.659
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.658
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.657
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.657
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.657
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.656
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.655
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.655
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.653
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.652
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.652
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.652
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.651
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.651
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.651
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.651
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.651
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.649
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.649

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.649
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.649
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.649
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.649
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.647
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.647
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.647
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.647
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.647
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.647
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.646
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.645
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.645
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.645
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.644
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.644
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.644
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.643
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.643
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.643
16059	Chili with beans, canned	256.0	1.0 cup	0.643
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.642
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.642
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.642
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.642
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.639
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.639
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.639
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.638
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.638
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.638
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.636
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.636
01159	Cheese, goat, soft type	28.35	1.0 oz	0.635
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.635

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.634
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.633
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.632
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.632
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.632
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.632
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.632
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.631
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.631
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.631
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.630
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.629
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.629
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.628
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.628
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.627
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.627
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.626
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.626
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.626
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.626
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.625
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.625
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.625
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.624
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.624
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.624
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.624
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.624
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.622
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.621
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.621
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.621
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.620

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.620
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.620
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.620
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.619
15053	Fish, milkfish, raw	85.0	3.0 oz	0.617
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.617
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.616
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.616
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.615
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.615
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.615
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.613
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.613
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.612
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.612
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.612
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.612
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.612
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.611
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.610
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.610
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.609
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.609
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.609
15097	Fish, sheephead, raw	85.0	3.0 oz	0.608
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.608
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.607
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.607
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.606
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.606
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.606
07059	Polish sausage, pork	85.0	3.0 oz	0.605
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.605
16005	Beans, baked, home prepared	253.0	1.0 cup	0.605
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.603
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.603

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.603
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.602
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.602
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.602
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.601
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.601
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.600
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.600
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.600
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.600
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.600
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.598
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.598
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.598
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.597
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.597
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.597
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.596
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.596
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.596
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.596
01004	Cheese, blue	28.35	1.0 oz	0.595
15110	Fish, swordfish, raw	85.0	3.0 oz	0.595
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.594
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.594
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.594
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.594
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.593
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.593
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.593
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.593
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.592
01039	Cheese, roquefort	28.35	1.0 oz	0.592
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.591
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.589
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.587

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
07024	Frankfurter, chicken	85.0	3.0 oz	0.587
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.587
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.587
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.586
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.585
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.585
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.585
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.585
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.584
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.584
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.584
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.583
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.583
20013	Bulgur, cooked	182.0	1.0 cup	0.582
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.582
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.580
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.580
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.579
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.579
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.579
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.579
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.578
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.578
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.577
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.577
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.576
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.575
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.575
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.575
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.575
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.574
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.573
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.571
15044	Fish, ling, raw	85.0	3.0 oz	0.570
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.570

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
15033	Fish, haddock, raw	85.0	3.0 oz	0.569
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.569
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.568
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.568
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.567
15090	Fish, scup, raw	85.0	3.0 oz	0.567
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.566
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.565
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.565
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.565
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.564
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.564
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.563
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.563
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.561
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.560
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.558
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.558
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.557
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.557
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.557
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.556
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.555
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.554
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.554
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.554
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.554
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.554
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.553
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.553
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.551
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.550
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.549
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.549
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.545
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.544

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.544
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.544
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.544
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.540
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.540
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.539
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.539
15008	Fish, carp, raw	85.0	3.0 oz	0.536
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.536
20090	Rice flour, brown	158.0	1.0 cup	0.536
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.536
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.533
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.533
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.532
15045	Fish, lingcod, raw	85.0	3.0 oz	0.530
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.530
15013	Fish, cisco, raw	79.0	1.0 fillet	0.530
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.530
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.530
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.530
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.529
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.529
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.528
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.528
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.527
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.527
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.526
15112	Fish, tilefish, raw	85.0	3.0 oz	0.526
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.526
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.524
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.522
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.521
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.521
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.518
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.518
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.518

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.517
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.517
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.516
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.516
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.513
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.513
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.512
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.512
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.512
20077	Wheat bran, crude	58.0	1.0 cup	0.512
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.511
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.511
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.511
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.510
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.509
15094	Fish, shad, american, raw	85.0	3.0 oz	0.509
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.509
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.508
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.508
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.508
01069	Cream substitute, powdered	94.0	1.0 cup	0.508
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.507
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.507
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.507
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.507
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.507
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.506
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.504
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.504
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.503
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.501
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.501
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.500
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.500
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.499
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.498

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.498
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.498
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.497
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.497
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.496
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.495
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.495
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.495
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.495
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.494
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.493
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.492
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.492
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.492
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.491
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.491
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.490
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.490
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.490
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.490
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.488
20143	Teff, cooked	252.0	1.0 cup	0.486
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.486
20032	Millet, cooked	174.0	1.0 cup	0.485
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.485
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.485
07052	Pastrami, turkey	57.0	2.0 slices	0.484
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.484
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.484
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.484
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.483
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.481
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.481
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.481
15128	Fish, tuna salad	85.0	3.0 oz	0.480
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.480

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.480
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.479
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.479
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.478
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.477
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.477
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.477
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.475
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.474
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.471
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.471
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.470
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.470
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.469
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.469
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.468
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.468
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.468
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.468
07911	Liverwurst spread	55.0	0.25 cup	0.468
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.467
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.466
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.465
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.465
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.465
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.465
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.465
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.464
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.463
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.462
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.460
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.459
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.459
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.458
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.458
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.458

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.458
07939	Frankfurter, pork	76.0	1.0 link	0.458
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.456
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.456
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.455
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.453
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.453
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.453
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.453
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.453
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.453
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.452
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.451
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.451
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.450
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.450
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.450
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.449
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.448
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.448
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.448
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.447
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.447
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.446
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.446
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.445
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.444
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.444
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.444
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.444
20137	Quinoa, cooked	185.0	1.0 cup	0.444
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.444
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.443
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.440
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.440
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.439

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.439
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.439
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.439
21419	KFC, biscuit	49.0	1.0 biscuit	0.437
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.437
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.436
15054	Fish, monkfish, raw	85.0	3.0 oz	0.435
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.434
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.433
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.432
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.432
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.432
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.431
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.430
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.430
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.429
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.429
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.428
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.428
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.427
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.425
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.425
21268	TACO BELL, Nachos	80.0	1.0 serving	0.425
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.425
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.424
11413	Potato flour	160.0	1.0 cup	0.424
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.424
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.423
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.423
20006	Barley, pearled, cooked	157.0	1.0 cup	0.422
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.421
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.420
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.420
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.420

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
15103	Fish, spot, raw	64.0	1.0 fillet	0.419
09298	Raisins, seedless	165.0	1.0 cup, packed	0.419
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.418
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.417
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.417
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.416
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.415
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.414
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.412
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.412
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.411
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.411
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.411
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.410
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.410
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.410
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.410
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.410
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.409
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.408
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.406
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.406
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.406
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.405
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.404
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.404
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.404
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.404
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.404
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.404
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.403
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.403
15074	Fish, sablefish, raw	85.0	3.0 oz	0.403
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.402
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.402

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.401
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.400
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.400
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.400
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.400
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.400
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.400
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.399
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.399
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.399
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.399
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.399
01113	Whey, acid, dried	57.0	1.0 cup	0.398
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.398
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.398
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.397
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.397
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.396
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.396
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.396
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.396
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.396
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.394
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.394
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.394
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.393
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.393
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.393
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.392
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.392
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.392
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.392

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.391
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.390
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.389
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.387
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.387
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.386
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.385
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.385
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.384
13350	Beef, cured, dried	28.0	10.0 slices	0.384
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.382
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.382
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.382
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.382
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.381
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.381
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.381
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.380
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.380
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.380
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.380
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.379
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.378
32007	Taquito, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.378
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.378
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.377
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.377
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.375
07926	Salami, Italian, pork	28.0	1.0 oz	0.374
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.373
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.373
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.373
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.372
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.371

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.371
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.370
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.370
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.370
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.369
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.369
20034	Oat bran, cooked	219.0	1.0 cup	0.368
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.366
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.366
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.365
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.365
16055	Carob flour	103.0	1.0 cup	0.365
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.364
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.363
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.363
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.362
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.362
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.360
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.358
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.358
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.357
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.357
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.357
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.357
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.356
07019	Chorizo, pork and beef	28.35	1.0 oz	0.355
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.354
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.353
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.353
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.352
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.351
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.350
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.349
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.349
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.349
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.349

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.347
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.346
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.346
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.346
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.346
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.345
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.345
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.345
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.345
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.343
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.343
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.342
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.342
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.342
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.342
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.340
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.340
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.338
18003	Bagels, egg	28.35	1.0 oz	0.337
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.337
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.336
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.336
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.336
17164	Game meat, deer, raw	28.35	1.0 oz	0.335
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.335
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.335
01021	Cheese, gjetost	28.35	1.0 oz	0.335
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.335
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.335
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.334
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.334
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.333
07921	Bacon and beef sticks	28.0	1.0 oz	0.333
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.333
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.332
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.331

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.331
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.331
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.329
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.329
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.329
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.329
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.326
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.325
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.325
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.325
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.324
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.323
16087	Peanuts, all types, raw	28.35	1.0 oz	0.323
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.322
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.322
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.322
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.322
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.322
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.321
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.321
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.321
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.319
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.319
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.318
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.318
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.317
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.316
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.315
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.315
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.315
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.314
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.314
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.313
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.313
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.313
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.312

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
07050	Mortadella, beef, pork	28.35	1.0 oz	0.312
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.311
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.311
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.311
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.310
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.309
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.309
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.309
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.309
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.308
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.308
18236	Cracker meal	28.35	1.0 oz	0.308
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.308
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.307
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.307
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.307
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.307
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.306
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.306
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.306
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.306
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.305
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.305
19296	Honey	339.0	1.0 cup	0.305
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.305
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.305
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.304
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.304
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.302
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.302
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.302
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.302
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.302
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.302
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.301
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.301

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.300
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.300
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.300
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.300
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.300
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.299
18037	Bread, oat bran	28.35	1.0 oz	0.299
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.299
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.299
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.299
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.299
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.299
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.299
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.299
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.299
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.298
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.298
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.298
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.298
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.297
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.297
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.297
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.297
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.296
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.296
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.296
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.295
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.295
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.295
18028	Bread, egg, toasted	28.35	1.0 oz	0.295
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.294
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.294
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.293
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.293
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.293
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.293

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.293
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.293
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.293
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.292
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.291
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.291
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.291
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.291
01031	Cheese, neufchatel	28.35	1.0 oz	0.291
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.291
17144	Game meat, antelope, raw	28.35	1.0 oz	0.291
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.291
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.290
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.289
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.289
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.289
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.289
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.289
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.289
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.289
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.288
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.288
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.287
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.287
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.286
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.286
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.285
18033	Bread, italian	28.35	1.0 oz	0.285
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.283
18061	Bread, rye, toasted	28.35	1.0 oz	0.283
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.283
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.283
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.283
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.283

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.282
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.282
17170	Game meat, horse, raw	28.35	1.0 oz	0.282
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.282
07068	Salami, cooked, beef	26.0	1.0 slice	0.282
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.281
17166	Game meat, elk, raw	28.35	1.0 oz	0.281
18235	Crackers, whole-wheat	28.0	1.0 serving	0.281
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.281
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.280
09110	Goji berries, dried	28.0	5.0 tbsp	0.280
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.280
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.280
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.280
16107	Sausage, meatless	25.0	1.0 link	0.279
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.279
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.279
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.278
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.278
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.278
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.278
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.277
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.276
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.276
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.276
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.275
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.275
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.275
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.275
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.275
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.275
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.275
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.275
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.275
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.274
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.274

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.274
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.274
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.274
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.274
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.273
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.272
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.272
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.272
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.271
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.271
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.271
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.270
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.270
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.270
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.270
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.269
18044	Bread, pumpernickel	28.35	1.0 oz	0.269
18027	Bread, egg	28.35	1.0 oz	0.268
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.268
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.268
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.268
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.268
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.268
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.266
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.266
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.265
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.265
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.265
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.264
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.264
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.264
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.263
16129	Tofu, fried	28.35	1.0 oz	0.263
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.263
18349	Rolls, french	28.35	1.0 oz	0.263
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.262

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.262
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.262
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.262
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.262
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.262
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.261
18025	Bread, cracked-wheat	28.35	1.0 oz	0.261
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.261
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.261
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.261
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.261
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.261
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.260
18066	Bread, wheat bran	28.35	1.0 oz	0.260
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.260
18344	Rolls, dinner, egg	28.35	1.0 oz	0.259
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.259
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.259
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.259
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.259
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.258
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.258
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.258
18059	Bread, rice bran	28.35	1.0 oz	0.258
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.258
18060	Bread, rye	28.35	1.0 oz	0.258
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.258
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.257
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.257
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.257
17172	Game meat, moose, raw	28.35	1.0 oz	0.256
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.256
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.256
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.256
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.255
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.255

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.255
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.255
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.255
11414	Potato salad, home-prepared	250.0	1.0 cup	0.255
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.255
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.254
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.254
18241	Croissants, cheese	28.35	1.0 oz	0.253
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.253
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.253
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.253
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.253
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.252
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.252
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.252
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.252
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.251
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.251
11304	Peas, green, raw	145.0	1.0 cup	0.251
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.251
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.250
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.250
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.250
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.250
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.250
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.250
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.250
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.249
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.249
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.249
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.248
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.248
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.248
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.247
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.247
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.247

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.246
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.246
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.246
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.246
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.245
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.245
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.245
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.245
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.244
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.244
18264	English muffins, wheat	28.35	1.0 oz	0.244
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.244
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.244
17150	Game meat, beaver, raw	28.35	1.0 oz	0.244
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.244
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.244
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.244
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.244
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.244
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.243
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.243
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.243
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.243
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.243
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.243
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.243
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.243
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.243
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.243
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.243
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.242
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.242

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
07971	Bologna, meat and poultry	33.0	1.0 slice	0.242
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.242
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.242
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.242
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.241
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.241
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.241
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.241
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.241
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.241
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.240
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.240
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.240
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.240
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.240
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.239
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.239
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.239
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.239
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.239
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.239
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.239
18266	English muffins, whole-wheat	28.35	1.0 oz	0.238
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.238
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.238
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.238
01070	Dessert topping, powdered	43.0	1.5 oz	0.237
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.237
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.237
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.237
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.237
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.237
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.236
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.236

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.236
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.236
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.236
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.236
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.236
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.236
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.235
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.235
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.235
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.235
18047	Bread, raisin, enriched	28.35	1.0 oz	0.235
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.235
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.235
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.234
11432	Radishes, oriental, dried	116.0	1.0 cup	0.234
18338	Phyllo dough	28.35	1.0 oz	0.234
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.234
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.234
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.234
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.234
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.234
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.233
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.233
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.233
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.233
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.232
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.232
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.232
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.232
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.232
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.232
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.232
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.231
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.231
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.231
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.231

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.230
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.230
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.230
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.230
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.230
20089	Wild rice, cooked	164.0	1.0 cup	0.230
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.229
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.229
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.229
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.229
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.229
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.229
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.229
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.229
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.229
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.229
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.228
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.228
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.228
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.228
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.228
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.228
20030	Hominy, canned, white	165.0	1.0 cup	0.228
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.228
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.228
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.228
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.227
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.227
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.227
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.226
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.226
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.226
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.226

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.226
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.226
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.226
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.225
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.225
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.225
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.225
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.225
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.225
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.225
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.224
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.224
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.224
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.224
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.224
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.223
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.223
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.223
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.222
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.221
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.221
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.221
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.221
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.221
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.221
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.221
20330	Hominy, canned, yellow	160.0	1.0 cup	0.221
18239	Croissants, butter	28.35	1.0 oz	0.221
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.220
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.220
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.220
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.220
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.220
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.220

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.220
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.219
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.219
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.219
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.219
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.219
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.218
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.218
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.218
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.218
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.217
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.217
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.217
18039	Bread, oatmeal	28.35	1.0 oz	0.217
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.217
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.217
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.217
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.217
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.216
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.216
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.216
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.215
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.215
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.215
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.215
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.215
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.214
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.214
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.214
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.214
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.214
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.214

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.213
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.213
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.213
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.213
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.213
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.212
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.212
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.212
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.212
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.212
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.212
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.212
16130	Okara	122.0	1.0 cup	0.211
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.211
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.210
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.210
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.209
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.209
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.209
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.209
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.209
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.208
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.208
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.208
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.208
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.208
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.208
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.208
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.207
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.207
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.207
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.207
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.207

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.207
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.206
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.206
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.206
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.205
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.205
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.205
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.205
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.205
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.205
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.204
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.204
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.204
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.204
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.204
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.204
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.204
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.204
07033	Ham and cheese spread	15.0	1.0 tbsp	0.203
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.203
18245	Danish pastry, cheese	28.35	1.0 oz	0.203
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.203
07040	Liver cheese, pork	28.35	1.0 oz	0.203
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.203
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.203
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.203
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.203
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.202
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.202
07030	Ham, minced	28.35	1.0 oz	0.202
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.202
18240	Croissants, apple	28.35	1.0 oz	0.202
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.202

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.201
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.201
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.201
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.201
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.201
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.201
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.201
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.201
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.200
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.200
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.200
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.200
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.200
17162	Game meat, caribou, raw	28.35	1.0 oz	0.199
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.199
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.199
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.199
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.199
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.199
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.198
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.198
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.198
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.198
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.198
07025	Frankfurter, turkey	28.35	1.0 oz	0.198
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.197
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.197
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.197
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.197
17224	Lamb, ground, raw	28.35	1.0 oz	0.197
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.197
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.197
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.197

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.197
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.196
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.196
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.196
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.196
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.194
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.194
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.194
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.194
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.194
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.194
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.194
07026	Ham, chopped, canned	28.35	1.0 oz	0.194
18065	Bread, wheat, toasted	28.35	1.0 oz	0.193
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.193
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.193
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.193
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.193
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.193
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.192
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.192
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.192
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.192
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.192
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.192
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.192
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.192
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.192
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.192
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.192
07061	Mother's loaf, pork	28.35	1.0 oz	0.191
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.191
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.191
18242	Croutons, plain	14.2	0.5 oz	0.191
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.191
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.191

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
19147	Candies, peanut bar	28.35	1.0 oz	0.191
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.191
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.190
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.190
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.189
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.189
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.189
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.189
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.189
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.189
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.188
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.187
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.186
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.185
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.185
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.185
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.184
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.184
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.184
36610	DENNY'S, french fries	165.0	1.0 serving	0.183
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.183
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.183
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.183
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.183
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.182
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.182
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.182
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.182
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.181
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.181
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.181
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.181
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.181
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.181
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.180
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.180

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.180
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.180
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.180
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.180
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.180
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.180
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.179
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.179
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.179
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.179
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.179
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.178
07070	Salami, cooked, turkey	28.0	1.0 serving	0.178
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.178
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.178
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.178
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.178
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.178
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.178
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.178
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.178
18218	Crackers, matzo, egg	14.2	0.5 oz	0.178
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.177
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.177
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.177
18103	Coffeecake, cheese	28.35	1.0 oz	0.177
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.177
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.177
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.177
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.176
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.176
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.176
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.176
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.176
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.176
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.175

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.175
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.174
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.174
18177	Cookies, molasses	28.35	1.0 oz	0.174
18172	Cookies, gingersnaps	28.35	1.0 oz	0.174
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.174
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.174
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.174
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.173
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.173
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.173
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.173
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.172
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.172
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.172
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.172
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.171
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.171
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.171
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.171
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.171
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.171
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.171
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.170
18355	Sweet rolls, cheese	28.35	1.0 oz	0.170
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.170
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.170
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.170
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.169
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.169
11683	Carrot, dehydrated	74.0	1.0 cup	0.169
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.169
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.168
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.168
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.168
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.168

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.168
18217	Crackers, matzo, plain	14.2	0.5 oz	0.167
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.167
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.167
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.166
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.166
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.165
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.165
18243	Croutons, seasoned	14.2	0.5 oz	0.165
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.165
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.165
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.165
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.165
15014	Fish, cisco, smoked	28.35	1.0 oz	0.164
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.164
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.164
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.163
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.163
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.162
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.162
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.162
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.161
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.161
15109	Fish, surimi	28.35	1.0 oz	0.160
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.160
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.160
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.160
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.160
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.160
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.160
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.159
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.159
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.159
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.159
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.159
20133	Rice noodles, dry	57.0	2.0 oz	0.158

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.158
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.158
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.158
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.158
18214	Crackers, cheese, regular	14.2	0.5 oz	0.158
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.157
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.157
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.157
09021	Apricots, raw	155.0	1.0 cup, halves	0.157
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.157
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.156
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.156
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.156
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.156
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.155
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.155
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.155
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.155
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.155
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.155
11616	Dock, raw	133.0	1.0 cup, chopped	0.154
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.154
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.154
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.154
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.154
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.154
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.154
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.154
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.154
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.154
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.154
18971	Bread, potato	32.0	1.0 slice	0.153
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.153
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.153
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.153

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.153
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.153
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.153
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.152
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.152
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.152
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.151
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.151
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.151
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.151
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.150
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.150
18224	Crackers, rusk toast	14.2	0.5 oz	0.149
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.149
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.149
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.149
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.149
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.149
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.148
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.148
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.148
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.148
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.147
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.147
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.147
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.147
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.147
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.147
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.147
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.147
07007	Bologna, beef	30.0	1.0 slice	0.147
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.146
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.146
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.146
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.146
18106	Coffeecake, fruit	28.35	1.0 oz	0.146

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
20134	Rice noodles, cooked	176.0	1.0 cup	0.146
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.146
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.146
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.146
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.146
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.146
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.146
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.145
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.145
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.145
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.145
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.144
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.144
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.144
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.144
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.144
01124	Egg, white, raw, fresh	33.0	1.0 large	0.144
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.144
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.143
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.143
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.143
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.143
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.143
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.142
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.142
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.142
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.141
07960	Bologna, chicken, pork	28.0	1.0 serving	0.141
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.141
18021	Bread, boston brown, canned	28.35	1.0 oz	0.141
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.141
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.141
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.141
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.140
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.140
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.140

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.140
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.140
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.139
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.139
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.139
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.139
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.139
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.139
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.138
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.138
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.138
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.138
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.138
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.138
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.138
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.138
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.137
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.137
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.137
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.137
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.136
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.136
11215	Garlic, raw	136.0	1.0 cup	0.136
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.136
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.136
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.135
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.135
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.135
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.134
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.134
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.134
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.133
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.133
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.133
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.132
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.132

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.132
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.132
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.132
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.132
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.132
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.132
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.132
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.131
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.131
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.131
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.131
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.131
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.130
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.130
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.130
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.130
18171	Cookies, fortune	28.35	1.0 oz	0.130
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.129
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.129
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.129
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.129
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.129
09139	Guavas, common, raw	165.0	1.0 cup	0.129
11961	Hearts of palm, canned	146.0	1.0 cup	0.128
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.128
01114	Whey, sweet, fluid	246.0	1.0 cup	0.128
11297	Parsley, fresh	60.0	1.0 cup chopped	0.128
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.128
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.127
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.127
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.127
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.127
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.127
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.127
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.126
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.126

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.126
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.126
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.126
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.126
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.126
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.126
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.125
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.125
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.125
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.125
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.125
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.125
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.124
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.123
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.123
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.123
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.123
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.122
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.122
18223	Crackers, milk	14.2	0.5 oz	0.122
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.122
28292	Crackers, multigrain	14.0	4.0 crackers	0.122
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.122
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.121
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.121
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.121
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.121
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.121
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.121
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.121
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.121
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.121
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.121
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.121
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.121
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.120

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.120
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.120
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.119
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.119
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.119
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.119
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.119
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.119
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.119
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.118
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.118
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.118
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.118
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.118
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.118
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.117
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.117
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.117
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.117
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.117
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.117
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.117
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.117
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.117
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.117
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.117
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.117
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.117
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.117
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.116
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.115
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.115
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.115
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.115
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.114
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.114

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.113
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.113
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.113
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.113
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.112
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.112
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.112
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.112
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.112
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.112
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.111
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.111
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.111
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.111
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.111
01112	Whey, acid, fluid	246.0	1.0 cup	0.111
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.111
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.111
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.110
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.110
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.110
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.110
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.110
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.109
09206	Orange juice, raw	248.0	1.0 cup	0.109
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.109
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.109
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.109
09205	Oranges, raw, with peel	170.0	1.0 cup	0.109
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.109
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.109
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.109
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.109
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.108
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.108
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.108

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.107
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.107
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.107
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.107
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.106
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.106
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.106
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.106
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.106
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.106
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.106
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.106
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.106
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.106
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.106
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.106
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.106
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.106
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.106
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.105
16112	Miso	17.0	1.0 tbsp	0.105
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.105
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.105
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.105
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.104
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.104
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.104
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.104
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.104
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.104
18283	Muffins, oat bran	28.35	1.0 oz	0.103
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.103
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.103
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.103
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.102
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.102

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.101
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.101
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.100
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.100
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.100
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.100
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.100
11090	Broccoli, raw	91.0	1.0 cup chopped	0.100
18360	Taco shells, baked	12.9	1.0 shell	0.099
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.099
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.099
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.099
21249	BURGER KING, french fries	74.0	1.0 small serving	0.098
18170	Cookies, fig bars	28.35	1.0 oz	0.098
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.098
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.098
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.098
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.098
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.097
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.097
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.097
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.097
01017	Cheese, cream	14.5	1.0 tbsp	0.096
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.096
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.096
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.095
11011	Asparagus, raw	134.0	1.0 cup	0.095
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.095
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.095
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.094
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.094
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.094
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.094
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.094
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.093
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.093

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.093
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.093
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.093
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.093
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.092
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.092
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.092
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.092
12059	Nuts, acorns, dried	28.35	1.0 oz	0.092
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.092
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.092
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.091
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.091
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.091
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.090
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.090
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.090
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.090
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.089
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.089
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.089
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.089
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.089
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.089
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.089
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.089
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.088
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.088
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.088
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.088
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.088
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.088
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.088
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.088
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.088
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.088

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.088
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.088
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.088
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.087
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.087
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.087
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.087
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.087
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.087
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.086
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.086
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.086
18354	Strudel, apple	28.35	1.0 oz	0.086
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.086
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.086
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.086
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.086
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.086
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.086
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.085
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.085
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.085
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.085
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.085
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.085
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.084
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.084
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.084
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.084
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.084
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.084
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.084
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.084
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.084
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.084
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.084

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.083
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.083
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.083
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.083
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.083
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.083
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.083
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.083
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.083
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.083
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.082
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.082
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.082
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.082
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.082
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.082
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.082
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.082
11965	Cauliflower, green, raw	64.0	1.0 cup	0.081
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.081
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.081
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.081
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.081
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.081
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.081
11601	Yam, raw	150.0	1.0 cup, cubes	0.081
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.081
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.081
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.081
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.081
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.080
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.080
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.080
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.080
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.080
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.080

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.079
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.079
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.079
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.079
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.079
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.078
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.078
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.078
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.078
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.078
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.078
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.077
02033	Spices, poppy seed	2.8	1.0 tsp	0.077
01072	Dessert topping, pressurized	70.0	1.0 cup	0.077
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.077
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.077
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.077
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.077
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.077
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.077
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.077
09221	Tangerine juice, raw	247.0	1.0 cup	0.077
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.077
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.076
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.076
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.076
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.076
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.076
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.076
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.076
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.076
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.075
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.075
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.075
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.075
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.075

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.075
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.075
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.074
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.074
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.074
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.074
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.074
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.074
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.074
09277	Plantains, raw	148.0	1.0 cup, sliced	0.074
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.073
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.073
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.073
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.073
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.073
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.073
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.073
09160	Lime juice, raw	242.0	1.0 cup	0.073
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.072
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.072
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.072
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.072
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.072
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.072
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.072
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.072
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.072
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.071
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.071
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.071
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.071
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.071
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.071
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.071
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.071
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.071

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.071
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.071
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.071
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.071
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.070
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.070
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.070
12058	Nuts, acorns, raw	28.35	1.0 oz	0.070
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.070
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.069
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.069
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.069
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.069
11124	Carrots, raw	128.0	1.0 cup chopped	0.069
11231	Jute, potherb, raw	28.0	1.0 cup	0.069
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.069
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.069
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.069
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.068
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.068
11134	Cassava, raw	206.0	1.0 cup	0.068
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.068
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.067
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.067
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.067
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.066
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.066
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.066
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.066
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.066
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.066
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.066
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.066
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.066
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.066
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.065

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.065
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.065
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.065
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.065
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.065
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.065
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.065
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.065
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.064
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.064
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.064
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.064
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.064
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.064
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.063
09040	Bananas, raw	225.0	1.0 cup, mashed	0.063
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.063
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.063
11518	Taro, raw	104.0	1.0 cup, sliced	0.062
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.062
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.062
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.062
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.062
21140	Side dishes, potato salad	95.0	0.333 cup	0.062
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.062
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.062
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.061
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.061
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.061
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.060
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.060
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.060
07031	Ham salad spread	15.0	1.0 tbsp	0.060
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.060
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.060
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.059

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.059
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.059
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.059
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.059
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.059
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.059
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.058
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.058
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.058
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.057
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.057
11080	Beets, raw	136.0	1.0 cup	0.057
21420	KFC, Coleslaw	112.0	1.0 package	0.057
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.057
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.057
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.056
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.056
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.056
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.056
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.056
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.056
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.056
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.056
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.055
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.055
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.055
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.055
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.055
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.055
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.054
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.054
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.054
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.054
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.054
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.054
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.054

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.054
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.054
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.054
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.053
02028	Spices, paprika	2.3	1.0 tsp	0.053
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.053
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.053
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.053
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.053
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.052
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.052
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.052
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.052
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.052
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.052
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.052
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.051
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.051
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.051
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.050
18323	Pie, peach	28.35	1.0 oz	0.050
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.050
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.050
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.050
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.050
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.050
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.050
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.050
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.050
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.050
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.050
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.049
19419	Snacks, corn cakes	9.0	1.0 cake	0.049
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.049
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.049
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.049

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.049
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.049
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.049
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.049
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.049
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.049
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.049
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.049
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.048
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.048
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.048
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.048
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.048
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.048
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.048
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.048
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.048
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.048
09176	Mangos, raw	165.0	1.0 cup pieces	0.048
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.048
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.048
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.048
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.047
19081	Candies, sweet chocolate	28.35	1.0 oz	0.047
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.047
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.047
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.047
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.047
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.047
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.046
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.046
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.046
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.046
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.046
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.046
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.046

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.046
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.046
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.046
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.046
11278	Okra, raw	100.0	1.0 cup	0.045
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.045
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.045
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.045
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.045
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.045
09279	Plums, raw	165.0	1.0 cup, sliced	0.045
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.045
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.044
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.044
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.044
11190	Cornsalad, raw	56.0	1.0 cup	0.044
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.044
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.044
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.043
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.043
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.043
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.043
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.043
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.043
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.043
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.043
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.043
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.043
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.042
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.042
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.042
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.042
02020	Spices, garlic powder	3.1	1.0 tsp	0.042
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.042
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.042
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.042

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
09050	Blueberries, raw	148.0	1.0 cup	0.041
11527	Tomatoes, green, raw	180.0	1.0 cup	0.041
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.041
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.041
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.041
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.041
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.041
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.040
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.040
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.040
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.040
09174	Loquats, raw	149.0	1.0 cup, cubed	0.040
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.040
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.040
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.040
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.039
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.039
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.039
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.039
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.038
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.038
11161	Collards, raw	36.0	1.0 cup, chopped	0.038
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.038
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.038
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.037
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.037
11963	Nopales, raw	86.0	1.0 cup, sliced	0.037
09326	Watermelon, raw	154.0	1.0 cup, balls	0.037
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.037
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.037
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.037
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.037
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.037
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.037
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.037
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.037

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.036
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.036
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.036
09088	Elderberries, raw	145.0	1.0 cup	0.036
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.036
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.036
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.036
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.036
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.036
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.036
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.036
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.036
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.035
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.035
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.035
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.035
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.035
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.035
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.035
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.035
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.035
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.034
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.034
25059	Snacks, brown rice chips	9.0	1.0 cake	0.034
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.034
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.034
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.034
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.034
11003	Amaranth leaves, raw	28.0	1.0 cup	0.034
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.034
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.034
11564	Turnips, raw	130.0	1.0 cup, cubes	0.034
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.034
02009	Spices, chili powder	2.7	1.0 tsp	0.034
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.034
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.034

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.034
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.034
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.034
11457	Spinach, raw	30.0	1.0 cup	0.034
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.033
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.033
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.033
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.033
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.033
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.033
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.033
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.033
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.033
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.033
11591	Watercress, raw	34.0	1.0 cup, chopped	0.033
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.033
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.033
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.033
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.033
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.032
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.032
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.032
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.032
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.032
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.031
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.031
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.031
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.031
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.031
20027	Cornstarch	128.0	1.0 cup	0.031
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.030
09316	Strawberries, raw	152.0	1.0 cup, halves	0.030
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.030
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.030
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.030
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.030

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.030
09252	Pears, raw	140.0	1.0 cup, slices	0.029
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.029
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.029
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.028
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.028
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.028
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.028
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.028
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.028
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.028
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.028
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.028
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.028
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.027
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.027
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.027
09421	Dates, medjool	24.0	1.0 date, pitted	0.027
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.027
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.027
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.026
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.026
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.026
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.026
19524	Snacks, taro chips	28.35	1.0 oz	0.026
11429	Radishes, raw	116.0	1.0 cup slices	0.026
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.025
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.025
19400	Snacks, banana chips	28.35	1.0 oz	0.025
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.025
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.025
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.025
02015	Spices, curry powder	2.0	1.0 tsp	0.025
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.024
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.024
09413	Pears, raw, red anjou	126.0	1.0 small	0.024

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.024
09143	Guava sauce, cooked	238.0	1.0 cup	0.024
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.024
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.024
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.023
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.023
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.023
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.023
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.022
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.022
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.022
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.022
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.022
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.022
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.022
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.022
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.021
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.021
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.021
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.021
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.021
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.021
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.021
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.021
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.020
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.020
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.020
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.020
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.020
11086	Beet greens, raw	38.0	1.0 cup	0.020
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.020
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.020
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.020
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.020
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.019
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.019

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.019
02005	Spices, caraway seed	2.1	1.0 tsp	0.019
11282	Onions, raw	160.0	1.0 cup, chopped	0.019
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.019
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.019
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.019
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.019
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.019
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.018
11143	Celery, raw	101.0	1.0 cup chopped	0.018
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.018
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.018
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.018
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.018
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.018
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.018
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.018
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.018
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.017
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.017
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.017
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.017
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.017
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.017
02026	Spices, onion powder	2.4	1.0 tsp	0.017
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.016
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.016
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.016
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.016
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.016
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.016
09077	Crabapples, raw	110.0	1.0 cup slices	0.015
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.015
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.015
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.015
11213	Endive, raw	25.0	0.5 cup, chopped	0.015

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.015
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.015
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.014
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.014
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.014
09191	Nectarines, raw	143.0	1.0 cup slices	0.014
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.014
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.014
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.014
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.013
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.013
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.013
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.013
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.013
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.012
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.012
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.012
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.012
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.012
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.012
21416	POPEYES, Coleslaw	120.0	1.0 package	0.012
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.012
20003	Arrowroot flour	128.0	1.0 cup	0.012
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.011
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.011
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.011
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.010
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.010
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.010
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.010
02029	Spices, parsley, dried	0.5	1.0 tsp	0.010
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.010
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.010
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.009
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.009
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.009

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.009
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.009
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.009
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.008
02011	Spices, cloves, ground	2.1	1.0 tsp	0.008
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.008
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.008
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.008
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.008
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.008
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.007
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.007
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.007
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.007
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.007
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.007
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.007
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.007
11156	Chives, raw	3.0	1.0 tbsp chopped	0.006
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.006
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.006
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.006
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.006
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.006
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.006
02021	Spices, ginger, ground	1.8	1.0 tsp	0.006
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.006
11943	Pimento, canned	12.0	1.0 tbsp	0.006
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.006
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.005
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.005
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.005
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.005
19297	Jams and preserves	20.0	1.0 tbsp	0.005
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.005
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.005

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.004
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.004
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.004
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.004
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.004
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.004
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.004
02066	Spearmint, dried	0.5	1.0 tsp	0.004
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.004
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.004
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.004
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.004
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.004
11960	Carrots, baby, raw	15.0	1.0 large	0.004
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.004
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.003
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.003
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.003
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.003
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.003
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.003
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.003
19303	Marmalade, orange	20.0	1.0 tbsp	0.003
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.003
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.003
09173	Longans, dried	1.7	1.0 fruit	0.003
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.003
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.003
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.003
02044	Basil, fresh	2.5	5.0 leaves	0.003
11145	Celtuce, raw	8.0	1.0 leaf	0.003
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.002
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.002
11935	Catsup	17.0	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
11949	Catsup, low sodium	17.0	1.0 tbsp	0.002
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.002
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.001
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.001
09172	Longans, raw	3.2	1.0 fruit without refuse	0.001
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.001
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.001
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.001
02063	Rosemary, fresh	0.7	1.0 tsp	0.001
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.001
11216	Ginger root, raw	2.0	1.0 tsp	0.001
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.000
02065	Spearmint, fresh	0.3	2.0 leaves	0.000
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
04529	Oil, almond	13.6	1.0 tablespoon	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
04664	Oil, industrial, soy (partially hydrogenated) , palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
04575	Fat, turkey	12.8	1.0 tbsp	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
04002	Lard	12.8	1.0 tbsp	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000

NDB_No	Description	Weight(g)	Measure	Proline(g) Per Measure
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
19018	Fruit syrup	334.0	1.0 cup	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
02047	Salt, table	6.0	1.0 tsp	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000